
Pediatric Quality of Life Inventory (PedsQL) Multidimensional Fatigue Scale

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Purpose Though numerous versions of the PedsQL have been developed as measures of health-related quality of life in pediatric patient populations, the PedsQL Multidimensional Fatigue Scale is the first of these scales to deal specifically with subjective experiences of fatigue. Composed of 18 items, the instrument possesses three subscales: general fatigue, sleep and rest fatigue, and cognitive fatigue. Both self-report and parental-report versions have been created to address issues of cross-informant discrepancies.

Population for Testing A parental version can be completed for children aged 2 through 18, while the child self-report version has been validated with youth aged 5–18 years.

Administration Both the self-report and caregiver report forms are pencil-and-paper measures requiring between 10 and 15 min for completion. The scale should be read aloud to children 7 and younger and to those too fatigued or ill to complete the instrument themselves. As symptoms and experiences of fatigue may vary widely within such a large age range, slightly different versions exist for children 2–4, 5–7, 8–12, and 13–18 in order to ensure age-appropriateness.

Reliability and Validity In a psychometric evaluation conducted by Varni and colleagues [1], researchers demonstrated an internal consistency ranging from 77 to 93, and found that scores on the fatigue scale significantly differentiated between patient samples and healthy controls.

Obtaining a Copy The instrument is under copyright and can be obtained from publishers MAPI Research Trust at their Web site: <http://www.mapi-trust.org/>

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Scoring Respondents use a Likert-type scale to indicate how frequently certain fatigue-related symptoms and complaints trouble them. The scale ranges from “never” (which receives a score of 100) and “almost always” (which receives 0). Higher scores indicate a better health-related quality of life and less acute fatigue. Total and subscale scores are obtained by averaging scores on each relevant item.

ID# _____
Date: _____

PedsQLTM

Multidimensional Fatigue Scale

Standard Version

PARENT REPORT for CHILDREN (ages 8-12)

DIRECTIONS

On the following page is a list of things that might be a problem for **your child**. Please tell us **how much of a problem** each one has been for **your child** during the **past ONE month** by circling.

- 0 if it is **never** a problem
- 1 if it is **almost never** a problem
- 2 if it is **sometimes** a problem
- 3 if it is **often** a problem
- 4 if it is **almost always** a problem

There are no right or wrong answers.
If you do not understand a question, please ask for help.

In the past **ONE month**, how much of a **problem** has this been for your child ...

GENERAL FATIGUE (problems with...)	Never	Almost Never	Some- times	Often	Almost Always
1. Feeling tired	0	1	2	3	4
2. Feeling physically weak (not strong)	0	1	2	3	4
3. Feeling too tired to do things that he/she likes to do	0	1	2	3	4
4. Feeling too tired to spend time with his/her friends	0	1	2	3	4
5. Trouble finishing things	0	1	2	3	4
6. Trouble starting things	0	1	2	3	4

SLEEP/REST FATIGUE (problems with...)	Never	Almost Never	Some- times	Often	Almost Always
1. Sleeping a lot	0	1	2	3	4
2. Difficulty sleeping through the night	0	1	2	3	4
3. Feeling tired when he/she wakes up in the morning	0	1	2	3	4
4. Resting a lot	0	1	2	3	4
5. Taking a lot of naps	0	1	2	3	4
6. Spending a lot of time in bed	0	1	2	3	4

COGNITIVE FATIGUE (problems with...)	Never	Almost Never	Some- times	Often	Almost Always
1. Difficulty keeping his/her attention on things	0	1	2	3	4
2. Difficulty remembering what people tell him/her	0	1	2	3	4
3. Difficulty remembering what he/she just heard	0	1	2	3	4
4. Difficulty thinking quickly	0	1	2	3	4
5. Trouble remembering what he/she was just thinking	0	1	2	3	4
6. Trouble remembering more than one thing at a time	0	1	2	3	4

Reference

1. Varni, J. W., Burwinkle, T. M., Katz, E. R., Meeske, K., & Dickinson, P. (2002). The PedsQL in pediatric cancer: reliability and validity of the pediatric quality of life inventory generic core scales, multidimensional fatigue scale, and cancer module. *Cancer*, 94, 2090–2106.

Representative Studies Using Scale

Crabtree, V. M., Varni, J. W., & Gozal, D. (2004). Health-related quality of life and depressive symptoms in children with suspected sleep-disordered breathing. *Sleep*, 27(6), 1131–1138.

Hiscock, J., Canterford, L., Ukoumunne, O. C., & Wake, M. (2007). Adverse associations of sleep problems in Australian preschoolers: national population study. *Pediatrics*, 119(1), 86–93.